

## THE TRUE POWER OF YOUR COMFORT ZONE

by Christoph Hetzenecker

Let's get straight to the point: As the divine, brilliantly radiant, infinitely powerful being that you are you (and only you) know exactly what is good for you, what fits you and your soul essence most, where and how you feel most comfortable, most cheerful and closest to yourself, in short: like a fish in water. And the place where all this is the case is your Comfort Zone! The zone of your highest well-being, your greatest potential, your greatest clarity and most jubilant joy, your greatest ease and most flowing flow. Your Comfort Zone is who you truly are! Go there and you will be completely YOU and live the life of your wildest dreams! THIS is the ultimate power and magic of your Comfort Zone.

Well, wait a minute... Comfort Zone? Isn't this that evil thing everyone says you should avoid like the devil avoids holy water? What is this guy even talking about?! Yes, don't worry: I am fully aware of how the term "Comfort Zone" has been coded and used in our society so far. I am by no means writing this text in some kind of parallel universe in which "Comfort Zone" might simply have a completely different meaning than in yours. No, I'm in the same universe as you and I'm fully aware that one can say without exaggeration: the Comfort Zone doesn't have a particularly good reputation in our world these days. Even more, as you probably know, the Comfort Zone today is almost reflexively associated with the urgent request to leave it as soon as possible, as if it were a collapsing building or the meticulously manicured English lawn of Cambridge University.

And that's the point. That's the reason why I want to put this term in the center of this article. Because, how I see it, it's precisely this persistent and strong narrative about the absolute necessity of leaving the Comfort Zone and the downright obsession with it that is driving us further and further away from ourselves and discourages us. I would like to invite you for a minute to take a completely different perspective on the topic of the Comfort Zone and ultimately create an actual "parallel universe," a new reality. A reality in which you can live a life of ease and joy nourished by your true potential. Because I'm convinced our Comfort Zone actually is who we truly are. So let's stop separating ourselves from ourselves! Let's finally give up our resistance against our wellbeing and allow our divine, true self to take the wheel of our lives!

Of course, such a profound shift in thinking towards a completely new reality requires a little more explanation. So let's first explore the concept of the Comfort Zone a little deeper. As mentioned above, I believe that today's chronic obsession with leaving one's Comfort Zone leads most people to the exact opposite of what is desired: it causes them to actually sabotage themselves by moving further away from their true potential instead of discovering and nourishing it. Why do I believe this? If we look at the term very logically and without bias we

find that “comfort zone” simply means an area or a place where we feel comfortable, where comfort exists for us. And what on earth could be wrong with that?! Exactly: nothing. But if we now give this term a negative meaning like western societies have done and thus find ourselves in the constant urge to leave that freaking comfort zone because all the coaches and YouTubers out there are constantly preaching us to do so - then our subconscious, our Ku, will most likely acquire three fundamental (and quite unhelpful) beliefs over time:

1. I am not right where I am and I can not trust my feelings.
2. What is good for me, what makes me feel good, is wrong and my enemy.
3. In order to be successful I have to feel as uncomfortable as possible on the way there because this is the indicator of the “right path”. Ergo: success = hard and unpleasant!

As blatant and pointed as this may sound at first these are very likely to be the logical consequences of the prevailing comfort zone narrative. Sorry not sorry to all the coaches out there who have been preaching this narrative from the pulpits so far... But words simply are indeed powerful! They shape our world and if we take them seriously and literally (and our Ku can't help but do exactly that) then we should be very, very careful about which programming language we really feed our “Ku-computer”. Because the programs that are created and stored there determine our lives! So far so important. Now, once we have saved the beliefs outlined above (or even just one of them) in our “Ku hard drive”, why should our Ku have any motivation left to get up in the morning in a world that seemingly follows such mechanisms? Let's not forget: Ku always moves away from pain and towards pleasure. So it should actually be our natural aim to give our Ku reasons to work together with the other selves in a joyful and motivated way! By feeding it the narrative of the “evil Comfort Zone” though we do the opposite.

Nevertheless, this twisted narrative is widespread and successful today. And in my opinion one of the most important reasons for this is rather obvious: today we seem to have forgotten (or have been trained out of) how to take our impulses, feelings, wishes, needs and what is good for us (individually) really seriously. And in return we took self-denial to the extreme. Basically, today we seem to assume that everyone else is more correct in their views about the world than we are, that in general the narrative preached by the media and “influencers” is the irrefutable truth according to which we have to shape our lives, and that our responsibility towards ourselves (if any) is to optimize ourselves towards a generally accepted ideal image, no matter the cost, since we are oh so flawed and imperfect in our original state. And that's also why it is widely accepted and unquestioned that (mainstream) happiness can of course only be found outside of one's Comfort Zone! And that therefore we should try a little harder (or even quite hard) to finally get to a state where the others want us to be. Do you see the error in this narrative? And honestly: does any of this sound sensible and appropriate for the radiant, infinitely powerful and brilliant divine being that you are? The answer is obvious. Overall, the resistance that we have built up

today against our own greatness and the beauty of our existence is simply enormous, and enormously unhealthy!

What, on the other hand, would then be adequate for your wellbeing and who you truly are? Where would it lead you if you let go of the resistance against yourself? Exactly into the joy, ease and high vibration of your Comfort Zone! So let me invite you to a thought experiment: what if you assumed that feeling comfortable, powerful and alive would actually be your normal state? What if you would get up every morning with joy because the world you live in is so wonderful (and comfortable) that you could just hug it every single moment? What if you declare a state of loving, grateful wellbeing to be your “normal” from today on, and everything that isn't that becomes the exception? I would like to claim the following: Even if so many people have simply accepted it in their world, it is actually not “normal” to not feel well, to have some illnesses all the time, or to have a hard time getting out of bed in the morning. I don't at all want to judge people who take all of this for granted every day in their lives, but I would like to tell you that such a state of discomfort does not actually have to be your life! It might currently still be part of your reality, but this is simply because it might have one or more messages in store for you that are supposed to point you the way - to your Comfort Zone! Because your natural state indeed is the great joy of being right there, in your Comfort Zone.

So how do we find our way into this marvelous thing, our Comfort Zone? The first step is, of course, to accept that the path in is the desirable one and not the way out. And after that? Well, you were already born with a natural navigation system that can brilliantly support you on this path! It's called emotions. The simple question “How does it feel?” can be a completely sufficient guide to your Comfort Zone! Your emotions show you whether you are in your Comfort Zone or not. Whether you do, think, live, create what suits YOU. If you feel good, you are most certainly on the right path. If you feel bad, you are most certainly moving away from yourself and the path that is right for you. Yes, it's actually that simple! When I remind myself about this from time to time, I am always filled with gratitude for this ingenious navigation system that is naturally built into us. We just have to learn (again) to really listen to it, and then act accordingly.

And this part (the one about listening to and acting on it) can actually be tricky at times or at least require a little practice. The reason for this is that unfortunately we are so used to not feeling good or maximally “ok” that we often simply accept this as our “normal state”. We don't even notice that we are already far outside our Comfort Zone and that our emotional navigation system has long since shouted instructions at us several times, such as: “Please turn!”, “Turn right here!”, “I said turn right, why are you still driving straight?!” In our rather outward-oriented and often very hectic times it is actually possible that we may not hear these instructions for years. The consequence of this is not only a lot of “lost” time we could have spent in our Comfort Zone, no, at some point our body-mind-spirit system will also send us navigation

instructions that become louder and more urgent and might ultimately even manifest in a physical and/or mental illness.

So what can you do to hear and follow your navigation system's announcements much earlier? Introspection and a self-loving mindfulness are possible methods of choice here. You can take the first step, for example, by going into nature or a completely quiet place free of any interference frequencies and clearly and intensively observing your thoughts and feelings: Do you like what you perceive there inside you? If not, what would you like it to be like instead? Ask yourself: How do I actually *want* to feel if everything is possible? And how often do I feel this way? And how often do I feel differently? And what would I have to change in my inside and my outside world to feel these feelings more often?

To develop an awareness for your thoughts and feelings and then really worship your overall wellbeing and make it a priority instead of considering it secondary is key to unleashing the true power of your individual Comfort Zone. The ways to get there are so diverse as we all are and here, as always, effectiveness is the measure of truth. But an important first step towards our overall well being and success is to fundamentally change our thinking about and usage of the term Comfort Zone. It would be a pleasure for me if I was able to give you some impulses towards that change today.